

Senior Center Gazette

March

2003

International Food Festival
Wednesday, March 5, Noon
Members - \$6
Non-Members & Youngsters - \$8
Join us for this annual festival of foods from all over the world prepared by Senior Center members and their family and friends. Join in the fun by wearing traditional clothing of your family origin or a favorite country. Entertainment provided by Howard Moffitt's Friends.

Monday, March 17, Noon
St. Patrick's Day Celebration
Lunch & Entertainment by
Don Hammock
\$6 & \$8
Everyone is Irish on St Patrick's Day! So, wear your green, dance a jig, and enjoy Chef Riley's special corned beef and cabbage and non-alcoholic beer.



March 21, 1:00 pm - Fabulous Friday
Special Presentation
"Old Time Radio" by Sheldon Nagel
Sheldon Nagel is offering an informative and entertaining talk and presentation on your favorite old time radio shows. Do you "know what evil lurks in the hearts of men?" "The Shadow Knows." Do you remember "Escape" and "Suspence" mystery programs, and the squeaky door that opened "Inner Sanctum"? Did you know that Jack Webb and "Dragnet" started on the radio? Who was the stingiest man on radio - did anyone say Jack Benny? Or George Burns would say "Say goodnight Gracie!" and Gracie would say "Good night Gracie" on Burns and Allen. Have you ever tried to clean out your own "Fibber McGee's Closet"? Come to hear this great show and reminisce about your favorite old time radio.

NEW! - Hula Lessons
Hula Instructor, Jerry Lee Castro, will be giving Hula Lessons for Seniors on Fridays at 2:00 PM. Everyone is welcome to come, even wheel chair bound seniors can enjoy this class. Donation requested.



COMMUNITY SERVICES

SENIOR SERVICES	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins	574-2082
Tri-City Elder Coalition	574-2064
LIFE ELDERCARE	574-2090
Caregivers Support	574-2035
Home Services Registry	574-2095
Meals on Wheels	574-2092
Friendly Visitor Program	574-2097
TRANSPORTATION ASSISTANCE	
*AC Transit Information Number	511
City of Fremont Paratransit Program	574-2053
East Bay Paratransit Program	1-800-555-8085
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS)	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
SOCIAL SECURITY	1-800-SSA-1213
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	839-0393
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR PEER COUNSELING	574-2063
ALZHEIMER ASSOCIATION HOT LINE	1-800-660-1993
*511 is a new toll-free voice activated phone service. Call 511 for information on AC Transit, BART, road conditions & trip planning.	

AARP Tax Preparation
Appointments are being scheduled for AARP Tax Preparation on Tuesday, February 4, through Tuesday, April 15. To qualify, you must be at least 60 years of age and have an income of less than \$50,000. You must make an appointment and bring your previous year's income tax papers and the tax booklets mailed to you by the Internal Revenue Service and the State of California. Five appointments are available at each hour. Appointments can be made for the following days:

- Tuesdays, 10:00 am, 11:00 am, 12:00 Noon
- Thursdays, 9:00 am, 10:00 am, 11:00 am, 12:00 Noon
- Fridays, 1:00 pm, 2:00 pm, 3:00 pm

Gardening Club Meeting -March 7, 2:00 pm



The new Gardening Club will meet on the first Friday of each month at 2:00 pm.

Friday, March 14 - 1:30 pm
Join in the festivities of our February Birthday Party. Entertainment will be provided by the Sweet Harps, our favorite harmonica entertainers. Even if March is not your birthday month, come to enjoy the music and fun. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in March. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

March Speakers

Tuesday, March 11, 1:00 pm, "Health Supplements and Nutrition" Sue Bove, Juice Plus and other Health Specialists will be speaking on ways you can improve your nutrition.



Tuesday, March 25, 1:00 pm,
Speaker: Janice Gough, senior
financial advisor, on "The Ten Most
Common Financial Mistakes Seniors
Make".

Her presentation is a thought provoking, yet concise presentation, covering topics on the Process of Asset accumulation and Income creation. The program provides tips on:

- How simple mistakes on beneficiary designations can cost thousands.
- Why leading experts endorse The Safe Pockets of Money Strategy
- How misunderstanding the new Federal Tax Law Stretch Provisions can reduce IRA distributions by thousands of dollars.

Join us for refreshments/desserts and a door prize drawing.

Coming Next Month

Friday, April 11, 1:30 pm - Birthday Party Entertainment by The Over the Hill Band.



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.